

Covington Aquatic Center

Spring 2014 Swim Lesson Guide

March 10, 2014 - June 15, 2014

Listed on this page are dates, times, and costs for classes offered during Spring 2014. Costs are adjusted for different length sessions, and are listed below the session dates and lengths. Classes are 30 minutes in length (except Competitive Swimming Lessons, Adult Swimming Lessons, and Advanced Swim Training, which are all 1-hour in length.)



**American
Red Cross**

For individual class availability and registration, please visit us online at covingtonwa.gov/cac, or contact us over the phone at (253) 480-2480 or in person at 18230 SE 240th St. Covington, WA 98042.

DAYS	DATES	GRADE DAY	# OF CLASSES	PRICING	
Mon. & Wed.	3/10-3/26	3/24	6	6 Classes	Parent & Child \$40.50/\$33.00CR
Tue. & Thurs.	3/11-3/27	3/25	6		Preschool / LTS \$57.00/\$46.50CR
Fri.	3/14-4/25	4/18	7		Competitive \$90.00/\$75.00CR
Sat.	3/15-4/26	4/19	7		
Sun.	3/16-4/27	4/13	6	7 Classes	Parent & Child \$47.25/\$38.50CR
Mon. & Wed.	3/31-4/23	4/21	8		Preschool / LTS \$66.50/\$54.25CR
Tue. & Thurs.	4/1-4/24	4/22	8		Competitive \$105.00/\$87.50CR
Mon. & Wed.	4/28-5/21	5/19	8		
Tue. & Thurs.	4/29-5/22	5/20	8	8 Classes	Parent & Child \$54.00/\$44.00CR
Fri.	5/2-6/20	6/13	8		Preschool / LTS \$76.00/\$62.00CR
Sat.	5/3-6/21	6/14	8		Competitive \$120.00/100.00CR
Sun.	5/4-6/22	6/15	8		
Mon. & Wed.	5/28-6/18	6/16	7		
Tue. & Thurs.	5/27-6/19	6/17	8		

*Note: All fees are as of September 3, 2013, and subject to change. Prices are different for Covington residents and non-Covington residents. The Covington Resident Discounted Fee is denoted with CR.

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Visit us online at
www.covingtonwa.gov/cac

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Learn to Swim!

We are pleased to offer a comprehensive program designed by the American Red Cross. Classes are offered for all ages and all ability levels. Beginning levels focus on water adjustment and introduce basic swimming and water safety skills. More advanced levels concentrate on stroke development, stroke refinement and additional water safety skills.

What Class is Right for You?

Placement of your child into the correct level is critical for their success. Each level focuses on different skills depending on age and ability. If your child has not had lessons before, then they will begin at either the first level of either Parent & Child Aquatics, Preschool Aquatics, or Learn to Swim, depending on their age. If your child has had lessons before, but at another facility, then their swimming ability will need to be assessed to determine the appropriate level in our swim lesson program. We provide swim assessments for free during our Public Swims.

Age	Class
6 months up to 4 years of age	Parent & Child Aquatics Levels 1 and 2
4 and 5 year olds	Preschool Aquatics Levels 1 - 3
6 to 15 years of age	Learn to Swim Levels 1 - 6
18 years of age and older	Adult Swim Lessons, Intermediate and Advanced

The First Day

On your first day, arrive early and know the time and level of your child's lesson. The instructor will meet your child at the location indicated on your registration receipt (or see chart to the right). Each class meets at a station, which is easily found by locating the signs around the pool's perimeter. Have your child sit next

to the sign until the class begins and the instructor calls out your child's name.

Registration for Currently Enrolled Students

On Grade Day instructors will make the final determination whether students will progress to the next level or not. Immediately following class on Grade Day, you may find out at the front desk whether your child will continue at the same level or move to the next level and register for an upcoming session. (If you would prefer not to wait until Grade Day to register your child, you may register earlier, but only for the level in which your child is currently enrolled.)

What Next?

Progressing through our lesson program is a significant achievement. But the fun doesn't stop! Once your child has reached the upper Learn to Swim Levels, they may be interested in other aquatic programs that we offer, such as Learn to Dive lessons, Competition Swimming lessons, Advanced Swim Training, Aquatics Volunteer Academy, etc. More information on these programs are available at the Covington Aquatic Center front desk.



Parent's Corner

How can you help?

- Observe all pool rules.
- Supervise your child in the locker rooms. There are also family changing rooms / restrooms off the lobby for your convenience.
- Tie back your child's long hair before their lesson.
- Provide your child with goggles for Preschool Aquatics Level 3 and Learn to Swim Levels 2 and higher (for beginning levels students should not use goggles as they are learning to open their eyes underwater and be comfortable in the water without reliance on equipment).
- Watch your child's lessons from the spectator area. Often watching your child in close proximity will distract your child, not too mention the limited deck space just is not big enough for everyone.
- Support your child by praising his or her effort in the pool.
- Understand that children develop swimming skills at different rates. Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.
- Take your child swimming and practice skills they are learning in lessons. Remember to use your child's Practice Card, which is good for 4 free swims (to receive a practice card, ask our front desk staff).
- If you have any questions or concerns, please talk to the instructor or front desk staff.

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